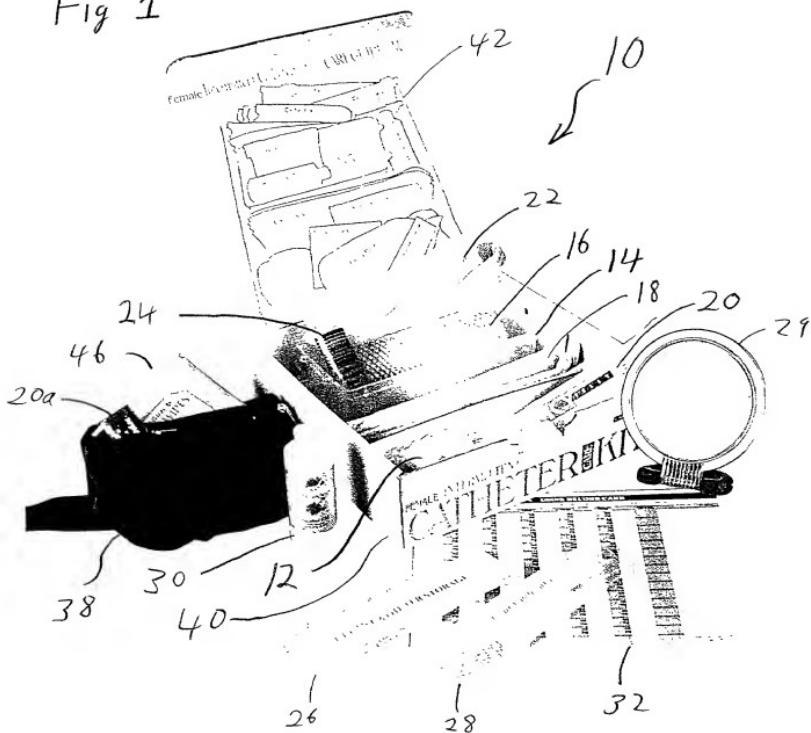
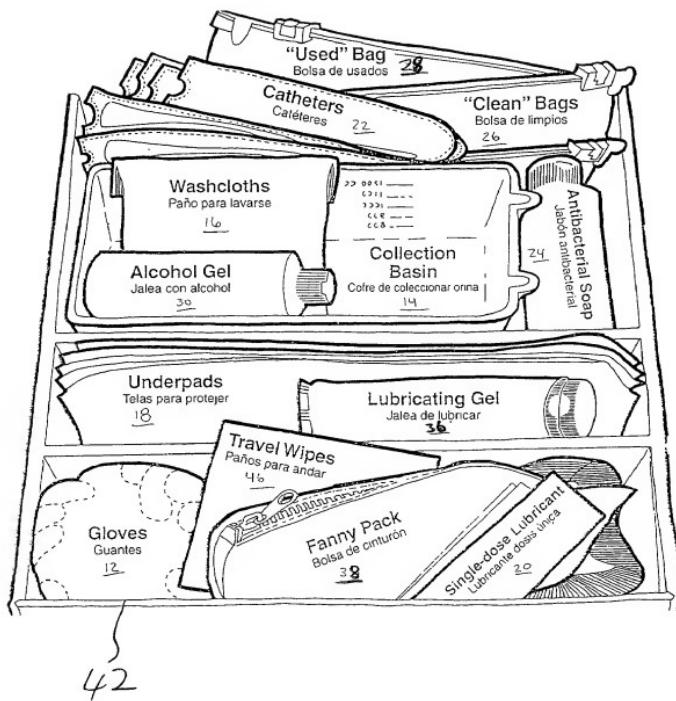


Fig 1



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Fig 1A



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Fig 2A

Clean Intermittent Catheterization for Women CAREGUIDE® Step-by-Step

This guide is to be followed only on the order of a physician. This guide is not a substitute for your healthcare professional's instructions. Everything you need to get started for self-care is in this kit. The name of each item is on the map on the inside box cover. Find each item in the box before you begin. Keep everything in the box until the guide tells you to use it!

Prepare for Care

Get a clean, fresh towel. Wash your hands with the Antibacterial Soap and warm water. Dry your hands on the clean towel. If you have a caregiver to do this for you, they should wash their hands and put on the Gloves.

Spread a clean paper towel for a work surface. If you are going to do the procedure on a bed, chair or other furniture, put the paper towel under your buttocks. Take out the Collection Basin and put it between your legs.

Roll the Catheter

Take the Catheter out of the package or lay it on a clean paper towel within reach.

Flip open the tube of Lubricating Jelly. Be careful not to let the tube touch the Catheter. Squeeze about 2 inches of Jelly onto the Catheter, starting at the tip.

Hold the Catheter so the Jelly touches the paper towel. Roll the Catheter in the Jelly to cover all sides.



Clean "Down"

Wet the Paper Wash Cloth with warm water and squeeze approximately a dime size drop of Antibacterial Soap. Lather up about one half of the Cloth. Put it on a corner of the paper towel.



Lean back with your legs in a frog-leg position. Take out the Mirror. Fold it so it will stand by itself. Adjust the Mirror on the other side of the Basin so you can see your labia and opening of the urethra. It may help to pull back the skin above the clitoris.



Separate the labia with your first and middle finger of one hand while with the other hand, washing from above the opening of the urethra to the area above the anus.



Always wash from the top to the back. Use a clean area of the Wash Cloth each time. This keeps germs from the anus getting into the urethra. Wash "down" 3 times, then rinse with the other half of the Cloth that has no soap. Throw it away.

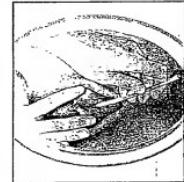
Continued on the back of this page...

Fig 28

Clean Intermittent Catheterization for Women CAREGUIDE® Step-by-Step

Insert the Catheter

 Continue holding the labia apart with one hand. With the other hand, pick up the Catheter right behind the jelly. Watch that you keep the other end of the Catheter in the Collection Basin.



 Take a deep breath, hold it and gently put the Catheter tip into the urethra. Push backward and upward until the urine begins to come out. Rush the Catheter out. Make sure the urine is running into the Collection Basin.



Clean Up for Next Time

 Wash the Catheter with two or three drops of Antibacterial Soap and warm water. Hold the Catheter under running tap water to rinse well, inside and out. Shake gently several times to get off extra water. Put it on a clean paper towel to air dry.



 Empty the Collection Basin. Wash the Bag with 2 drops of Antibacterial Soap and warm water. Hold the Catheter under running tap water to rinse well, inside and out. Shake gently several times to get off extra water. Put it on a clean paper towel to air dry.

 Put the can back on the tube of Lubricating Jelly. Put all the supplies back in the box. Throw away the Underpad if it is dirty.

 The Catheter should be dry by now. Close it inside the Plastic Bag marked "Clean Catheter Storage".

The caregiver may take off the gloves now and wash hands.



 WHEN YOU TRAVEL... In the Fanny Pack, put one clean Catheter in the "Clean Catheter" Bag, for every 4 hours you expect to be away. Also put in the Travel Wipes, the Used Catheter Bag, a packet of Lubricating jelly and clean paper towels for each catheterization. Take the Alcohol Gel for your handwashing in case there is no water hands." in a private place.



 Check the level of urine in the Collectible Container. Write the amount on the Urine Record Card and anything else you want to tell your nurse or doctor.



When you take the Catheter out, rinse it if possible and store it in the "Used Catheter" Bag. Wash your hands. When you are home again, clean the Catheter thoroughly and store in the "Clean Catheter" Bag.

54A

Fig 34

Cateterización Intermittente para la mujer CAREGUIDE® Paso a Paso

Esta guía teñida, se usa sola mente, bajo el consentimiento del su doctor o enfermero. Todos los productos necesarios para empezar el procedimiento están en esta caja. El nombre de cada objeto está adherido a la caja en la tarifa. Encuentre cada uno antes de empezar. Mantenga todo en la caja hasta que la guía le diga cuando usarlo. Use esta guía por completo antes de empezar el procedimiento.

Preparativos

Busque una toalla limpia y fresca. Lave las manos con el jabón antibacterial y agua tibia. Séquelas solo con la toalla limpia. Siéntese a una persona ayudando, el o ella debe de ponerse los guantes después de haberse lavado las manos.

Use una toalla de papel limpia para trabajar sobre ella. Si Ud. va a hacer el procedimiento en la cama, la silla u otro mueble, ponga las telas de proteger debajo de su recto. Saque el Corte de colección orina y colóquelo en medio de sus piernas

El Catétere

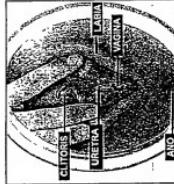
Saque el Catétere de su embalaje o de la bolsa de "Catéteres limpios" y colóquelo sobre una toalla de papel cerca de su alcance. Abra el pomo de jalea para lubricar. Tenga cuidado de no tocar el Catétere con el pomo. Exprima 2 pulgadas de jalea en el Catétere, empezando por la punta fina.

Sostenga el Catétere de manera que la jalea toque la punta de papel. Mueva el Catétere en forma circular para que se llene de jalea por todos lados.

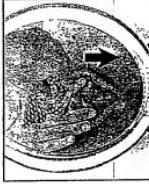


Limpieza

Moje el Pano para lavarse con agua tibia. Exprima una gota de Jabón aproximadamente del tamaño de un centavo. Mezcle el Pano solo en una mitad del pano. Coloque el Pano en una esquina de la toalla



Rociéltase hacia atrás con sus piernas abiertas. Saque al Espejo. Póngalo en posición que se pueda parar solo. Coloque el el Espacio a un lado del Corte de manera que Ud. pueda ver sus labios y la abertura de la uretra. Le ayudará sostener el cíclito.



Separar los labios usando el primer dedo y el del medio de una mano mientras que con la otra mano desde arriba de la abertura de la uretra antes de llegar al ano.



Siempre limpíe de arriba hacia abajo, cada vez usando una área del pano que este limpia para lavarse. Esto mantiene que el suelo del área del ano entre en la ropa. Limpie hacia abajo 3 veces, después remójese con la otra mitad del pano que no tiene jabón ni ha sido usada. Coloque a un lado el Pano. El Pano puede ser lavado varias veces antes de que sea necesario botarlo.

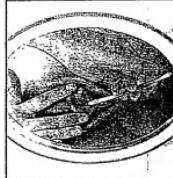
✓ 34A

Catéterización Intermittente para la mujer CAREGUIDE

continuación...

Introducción del Catétere

Continúe a sostener los dedos separados. Con una mano tome el Catétere por la parte donde apenas acaba la jalea. Asegúrese que otra punta del Catétere esté dentro del Cofre de Colección Orina.



Poco a poco introduzca la punta del Catétere en la uretra, empujando hacia arriba y hacia abajo hasta que empiece a orinar. Meta el Catétere otra pulgada más. Asegúrese que la orina este cayendo dentro del cofre



Limpie para la Próxima Vez



Limpie el Catétere con 3 gotas del Jabón y agua tibia. Sostenga el Catétere bajo el agua para remojarlo bien, por dentro y por fuera. Sacudíelo con cuidado varias veces para sacar los excesos de agua. Colóquelo sobre la toalla de papel para que se seque al aire libre.

Vacie el contenido en el Cofre de colección orina. Lave el cofre con 2 gotas de Jabón y agua tibia. Renójelo bien y séquelo. Coloque de vuelta la tapa al fondo de la bolsa para Lavar. Meta de regreso en la caja todos los materiales. Bote en la basura las Telas y Fibras para Protejer, si están sucias.

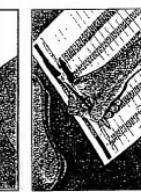
El Catétere ya debe de estar seco. Guarde dentro de la Bolsa de Catéteres Limpios y lávela.

Su ayudante ya puede quitarle los guantes y lavarse las manos.



Cuando Viale. En la Bolsa de catéteres mette un catétere dentro de la Bolsa de limpios por cada 4 horas que Ud. piensa estar de vacío. También mette los paños de andar. La Bolsa de usados. Paquetes de jalea para lubricar y toallas de papel limpias. Meta la botella de Purificador en caso de que no haya agua. Use una toalla de papel limpia para trabajar sobre ella. Sigue todos los pasos (1-13, menos el paso #11) en un lugar privado

Cuando termine de usar el Catétere, renójelo si hay agua, y metalo en la Bolsa de usados. Lávese las manos. Cuando esté de vuelta en casa, lave muy bien los Catéteres como en el paso #1, y después grárdelos en la Bolsa de Catéteres Limpios.



Chequee el nivel de orina dentro del Cofre de Colección Orina. Escríba el número en la Tarjeta Diana de Orina u otros comentarios que Ud. deseé comentar con su doctor o enfermera.

Fig 3B

Fig 4

SELF CARE DOCUMENTATION

Patient Name _____

Female Clean Intermittent Catheterization CAREGUIDE® Step-by-Step page 1

This sheet is a reduced-size copy of the patient's illustrated, full color instructions. The purpose of this sheet is to confirm that self care training has been carried out by the clinician and understood by the patient and/or caregiver.

Prepare for Care

Get a clean, fresh towel. Wash your hands with the Antibacterial Soap and warm water. Dry your hands on the clean towel. If you have a caregiver to do this procedure for you, they should wash their hands after washing their hair.

Spread a clean paper towel on a work surface. Have the toilet seat to take out ready as they are needed if you are going to do the procedure on a bed, chair or other furniture, put the Underpad under your buttocks. Take out the Collection Basin and put it between your legs.

The Bulb

 Take the Catheter out of the package or "Clean Catheter" Bag and lay it on a clean paper towel within reach.

 Open the tube of Lubricating Jelly. Be careful, do not let the tube touch the Catheter. Squeeze about 2 inches of Jelly onto the Catheter, starting at the tip.

 Hold the Catheter by the Jelly. Touches the paper towel. Roll the Catheter in the jelly to cover all sides.

Cleaning Down

 Wet the Paper Wash Cloth with warm water and squeeze thoroughly. Gently add a drop of Antibacterial Soap. Squeeze up about one half of the Cloth. Put it on a counter or the paper towel.

 Lean back with your legs in a hog-leg position. Take out the Mirror. Hold it so it will stand by itself. Adjust the Mirror on the other side of the Basin so you can see your penis and the opening of the urethra. It may help to put back the skintight above the clitoris.

 Separate the labia with your first and middle finger of one hand while with the other hand, wash from above the opening of the urethra to the area above the urethra.

 Always wash from the top to the base, each time using a clean area of the wash cloth. This prevents germs from the anus area entering the urethra. Wash downward 3 times, then rinse with the half of the Cloth that has no soap. Discard the Wash Cloth. It may be cleaned several times before you throw it away.

Patient Name _____
Provider Name _____
Date _____

Check here when
Page 1 of training
is complete.

Provider
initials _____
Patient
initials _____

Female Clean Intermittent Catheterization CAREGUIDE® continued... page 2

Inserting the Catheter

 Continue holding the tube with one hand. With the other hand pick up the Catheter, straighten it. Make sure the other end of the Catheter is in the Collecting Container.

 Gently insert the Catheter tip into the urethra, pushing backward and upward until the urine begins to flow. Insert the Catheter another inch. Make sure the urine is draining into the Collecting Container.

 When urine stops flowing, gently push down on the bladder area to make sure the bladder is empty. Slowly pull the Catheter out. Be sure to wipe off any jelly that may remain on the opening of the urethra with toilet paper.

 Check the level of urine in the Collection Container. Write the amount on the Urine Record Card and any other comments you may wish to tell your nurse or doctor.

Cleaning for Next Time

 Wash the Catheter with 2-3 drops of Antibacterial Soap and warm water. Turn the Catheter inside out. Turn the tip up, pour water to rinse well, inside and out. Shake it gently several times to get off excess water. Place it on a clean paper towel to air dry.

 Empty the contents of the Collection Container. Wash the container with 2 drops of Antibacterial Soap and warm water. Rinse it well and dry. Replace the cap on the tube of Lubricating Jelly. Put it back in the box. Throw away the Underpad if it is soiled.

 The Catheter should be dry by this time. Close it inside the Plastic Bag marked "Clean Catheter Storage".

The caregiver may take off the gloves now and wash their hands.

 WHEN YOU TRAVEL: In the Funny Park, pad clean Catheter in the "Clean Catheter" Bag within 4 hours you expect to be away. Also put in the Travel Wipes, the "Used Catheter" Bag, a packet of Lubricating Jelly, and clean paper towels. When catheterizing, take the Alcohol Gel for your handwashing in case there is no water. Follow the same steps above in a quiet place like a bathroom. Save the paper towels. Wash your hands. Take out a clean paper towel for your work surface. Use a Travel Wipe to clean your urethral opening. You may need to use a toilet paper to hold for location. Drain the urine from the Catheter into a toilet if possible. When you return home, wash your hands again. Put the "Used Catheter" Bag. Wash your hands. When you are home again, clean the Catheter thoroughly and store in the "Clean Catheter" Bag.

Check here when
Page 2 of training
is complete.

Provider
initials _____
Patient
initials _____

We agree that the patient understands these instructions and is ready to carry out self care:

Signature _____
Provider _____

Signature _____
Patient _____

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CAREGUIDE™ LIBINE BECOBD CARD

Your doctor will tell you how often to record your urine output. Remember to circle AM or PM when you write the time.

Fig 5